

Camden Community Center

3369 Union Ave., San José 95124

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Supervisor: Gerard Manuel

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Bus Lines: 62 and 37

Types of Programs: Adult drop-in sports, adapted sports, fee classes, gym/fitness, rentals, and senior, swim and youth programs.

The Camden Community Center Renovation is nearing completion. Once completed, the 60,000 square foot facility will be home to year round pool, fitness center, multi-purpose room with catering kitchen, seven classrooms, locker and shower facilities and full size gymnasium. The center is located on Union Ave., by Camden Ave. For the upcoming Summer Season, Camden will be offering a variety of recreation classes for both youth and adults. Along with the classes, Camden currently hosts a variety of drop in sports. Come swim out our pool, lift weights in our fitness room or play volleyball with your friends. Come summer 2005-Camden will be the ultimate "family" community center!

DANCE

Ballet Tap \$49

Beginning lessons for ballet/tap. Students must wear hard soled shoes and loose clothing or leotard. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. **Location:** Dance Arts Academy (DAA), 5725 Winfield Blvd.

Instructor: Doriano

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.202	W	6/29-8/17	9-9:55am	3-5	8	DAA
382.1.203	W	6/29-8/17	11-11:55am	3-5	8	DAA
382.1.204	F	7/8-8/26	1-1:55pm	3-5	8	DAA

Bouncin' Babies \$74

A class for all you active bouncin' babies and parents to come play and have some fun together. Use bean bags, balls, rattles, and more. You can shake, rattle, and roll to exciting lively music with tambourines, shakers, drums, and other neat instruments. The class will also emphasize pre-walking and early walking skill. A great class for baby and you with so many things to do

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.205	W	6/29-8/17	10:30-11:30am	10-18m	8	CM

Come Sing and Hip Hop \$49

Students will learn dance movements and basic hip hop moves. Kids will dance to age appropriate music from Aaron Carter and Britney. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. **Location:** Dance Arts Academy, 5725 Winfield Blvd.

Instructor: Doriano

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.201	F	7/8-8/26	12-12:55pm	3-5	8	DAA

Creative Movement and Song \$74

Children learn to dance and move to fun nursery songs and popular children's tunes in this fun class for the little ones. Be a bird, butterfly, bunny or just be yourself and act funny! Come dance with scarves, beanbags, hula hoops and more. Come on girls and boys let's have some serious fun.

No Class 7/4

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.206	M	6/27-8/22	11-11:45am		8	CM

Dancin' Boogie Babies \$74

Come have some serious fun with your little one and do the Boogie Woogie Bear! You and your baby will sing and dance to lively nursery songs and children's show tunes. Jump, run, hop, and boogie away with hula hoops, dancing scarves, bean bags, and more.

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.207	F	7/8-8/26	3-3:45pm	19-30m	8	CM

Camden Fitness Room

- Open to ages 14 and up. A responsible adult must accompany youth 14 years of age for the entire duration of use.
- Receipt or Fitness Pass must be presented to fitness attendant on each visit.
- Shirts are required and sports shoes are mandatory for your safety.
- Please bring your own towel to wipe perspiration from equipment after use.
- Locker rooms include showers, restrooms, and day use lockers for your convenience.
- We reserve the right to refuse entry.

Prices: One Time Drop-in:

Adults - \$3 • Senior/Youth/Disabled - \$2

Passes: Adults - \$20/ month or \$125/ year
Senior/Youth/Disabled - \$15/month or \$100/year

Hours: M/W/F: 10am-1pm • 5-8:45pm

Tuesday & Thursday: 8:15am-1pm

Saturday: 9am-12pm

Sr. Fitness Club: Monday, Wednesday, Friday: 8:15-10am

ADOPT-A-PARK

**Looking for a way to participate in your community?
Adopt a park or trail. Call 408-277-4477**



DANCE

Get Up and Dance \$80

Get up and dance to funky hip hop beats and other pop hit music! This high-energy dance class features exciting dance moves along with basic techniques that make for a Great workout! Children of all levels and abilities will have a wonderful time as they learn to express themselves through creative movement and cool dance moves. Course culminates with a choreographed performance, complete with costume accessories!

Instructor: C.L.A.P.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.208	Th	6/30-8/18	6-7pm	9-14	8	CM

Little Shining Stars \$74

A fun creative class designed specifically for pre-schoolers. Foster confidence and self-esteem in your child while they explore creativity and imagination through fun games and activities. Students will explore movement, puppetry, rhythm, mime, storytelling, and more. Your child won't want to miss out on this wonderful opportunity to experience the magic. Parents may stay for the first and last classes only.

No Class 7/4

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.209	M	6/27-8/22	10-10:45am	3-5	8	CM

Move and Groove \$80

Participants dance to a variety of theme music in this fabulous course that features a blend of popular dance styles. Children learn to express themselves through creative movement, develop good fitness habits, and build self-esteem. This is a great course for dancers of all levels! Program culminates with a choreographed performance.

Instructor: C.L.A.P.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.210	Th	6/30-8/18	5-6pm	8-12	6	CM

SPORTS & FITNESS

Cheerleading \$57

Children will learn cheerleading moves, routines and cheers. This class will help children gain self-esteem while having fun learning. This class is designed to teach beginners the basics and improve the skills of those more advanced.

Instructor: Kidsafe

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.211	W	6/29-8/17	5-5:45pm	5-7	8	CM
382.1.212	W	6/29-8/17	5:50-6:35pm	8-13	8	CM

Child Aerobics \$57

Kids come out and enjoy this fun aerobics class. Learn all the basics of fitness while doing something good for your body. This class will help you to keep you body lean and fit in a friendly environment.

No Class 7/4

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.213	M	6/27-8/22	3-3:50pm	5+	8	CM

Family Karate \$57

A good physical activity for the whole family! Class is coed and fee is for each participant one child and one adult. Class promotes healthy activities for family and stresses the importance of exercise. **\$57 is per person.**

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.214	F	7/8-8/26	6-6:50pm	5+	8	CM

Fun Fitness and Tumbling \$74

Come join this active fun class. Students will learn basic front rolls, back rolls, somersaults, headstands, bridges, crabwalks, and more. Fitness warm ups and energized exercises to music are included. This class enhances your child's coordination, motor skills balance, strength, flexibility, and self confidence. Parents may stay for the first and last classes only.

No Class 7/4

Instructor: Dance Kids

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.215	M	6/27-8/22	9-10am	3-5	8	CM

Kidz Love Soccer \$74

Now celebrating their 25th anniversary, Kidz Love Soccer introduced the game of soccer to over 500,000 children since 1979! Kids 3.5- 12 years of age learn the world's most popular sport from professional coaches licensed in the Kidz Love Soccer method; a session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages conducted in a noncompetitive, recreational format.

Tot Soccer(3.5-4 yrs.): Young children will develop large motor skills while having fun running and kicking just like the big kids! Shin guards are required by the second meeting. **Pre-Soccer (4-5 yrs):** Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing, teaching environment. Shin guards are required by the second meeting. **Soccer 1 (5-6 yrs.):** Beginning players learn dribbling, passing, receiving, shooting, age specific defense, etc. Fun skill games are played at every session and every participant will have a ball at his or her feet. Small sided soccer matches will be introduced gradually. Shin guards are required by the second meeting. **Soccer 2 (7-8 yrs) and Soccer 3 (9-12 yrs):** Play the exciting game of Soccer! Explore the real sport, yet still in an instructional and nurturing environment. Be challenged by real soccer situation, venture into the fun tactical side of scrimmaging. Player 7-12 years will enjoy age appropriate soccer matches and be guided through the possibilities by a KLA youth specialist. Attack and Scoring goals! Place and Possession! Defense and Transition! Themes such as these and continued skill building will be explored fully on the soccer field by young soccer aficionados. Kidz Love Soccer...where the score is always Fun to Fun! **Rainout Hotline: 1-800-399-8111.**

Instructor: Kidz Love Soccer

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.504	W	6/29-8/17	4:50-5:20pm	3.5-4	8	DA
382.1.505	Sa	7/9-8/27	9-9:30am	3.5-4	8	DA
382.1.506	W	6/29-8/17	2:45-3:20pm	4-5	8	DA
382.1.507	Sa	7/9-8/27	9:30-10:05am	4-5	8	DA
382.1.508	W	6/29-8/17	3:20-4:05pm	5-6	8	DA
382.1.509	Sa	7/9-8/27	10:05-10:50am	5-6	8	DA
382.1.510	W	6/29-8/17	4:05-4:50pm	7-8	8	DA
382.1.511	Sa	7/9-8/27	10:50-11:35am	7-8	8	DA
382.1.512	W	6/29-8/17	4:05-5:05pm	9-12	8	DA
382.1.513	Sa	7/9-8/27	10:50-11:50am	9-12	8	DA

Kindergym \$49

Designed to teach basic gymnastic skills including movement exploration, balance and coordination. Parents are allowed to stay for the first 10 minutes of the first class day and for the class recital (date to be announced by instructor). Participants must be toilet trained. **Location:** Dance Arts Academy (DAA), 5725 Winfield Blvd.

Instructor: Doriano

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.501	W	6/29-8/17	10-10:55am	3-5	8	DAA
382.1.502	F	7/1-8/19	10-10:55am	3-5	8	DAA

Little Ninja Fitness Fun \$57

This fun filled class will give your child a great workout. Each little ninja will learn basic warm up exercise, karate moves and fitness exercises. This is a great way to get your tot the chance to use their energy in a positive way. Check with instructor on uniform, belt testing and certification at the end of the session.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.504	T	6/28-8/16	9-9:50am	3-5	8	CM

Parent Tot Gym Fun \$49

Class will consist of stretching, basic tumbling skills, games and songs. This class allows the child to interact with his/her age group with the parent in attendance. Parent must participate. No other children allowed in classroom except participants. Wear loose fitting, comfortable clothing. **Location:** Dance Arts Academy (DAA), 5725 Winfield Blvd.

Instructor: Doriano

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.503	F	7/1-8/19	11-11:55am	2-3	8	DAA

Self Defense \$57

Children will learn self defense and safety awareness in a fun and safe environment. Classes will be tailored to each age group according to physical, mental, and emotional ability. Children will be taught both verbal and physical skills involved in self defense. Emphasis will be placed on increasing the student's awareness of potentially dangerous situations.

Instructor: KIDSAFE

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.505	W	6/29-8/7	5-5:50pm	5-7	8	CM
382.1.506	W	6/29-8/7	5:50-6:40pm	8-13	8	CM

SKYHAWKS CAMPS

All Skyhawks sports programs are skill-building programs. Participants begin each morning (or afternoon) by developing fundamental skills tailored to each sport. Participants apply skills learned during games, fun activities, and small team scrimmages while being carefully supervised by the instructors. Pre and Post Activity care is available for some programs for an additional fee. Please refer to the program pages to see if this option is available for the programs you would like your

child to attend. If you would like further information, contact Skyhawks at www.skyhawks.com or call 1-800-804-3509.

You can register online at www.skyhawks.com or at the Camden Community Center.

Participants need to bring: (please label all belongings with name and phone number)

- T-Shirt /shorts/sweats/socks (appropriate clothing)
- Baseball/Softball Glove (baseball/softball sports)
- Sunscreen
- Shin Guards (required for soccer & recommended for Mini Hawk Participants)
- Lunch (for camps over four hours)
- Two Snacks (for camps three hours or less)
- Mouthpiece (flag football camp)
- Water Bottle
- Shoes (sneakers are fine- no black soles for basketball)

Baseball \$131

Tailored to beginning and intermediate players, this program teaches skills required for success in youth baseball. We have found that the use of safety bats and balls has helped to strengthen the spirit and pace of the game, while maintaining safety. Participant-to-coach ratio is approximately 12:1. Camp will be held at Doerr Park (DP) and Lone Hill Park (LHP).

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.530	M-F	7/18-7/22	9am-3pm	6-12	5	DP
382.1.531	M-F	8/8-8/12	9am-3pm	6-12	5	LHP

Basketball \$131

Designed for beginning and intermediate basketball players, participants learn new skills while building upon the fundamentals. Participants have a great time as they refine their passing, shooting and dribbling skills. Participants put these abilities to the test at the end of the week in a tournament. Participant-to-coach ratio is approximately 10:1. Camps will be held at Camden Community Center Gym (CM). * Camp offered for during the week of 7/5 will be discounted to \$130 for 4 days of camp.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.532	M-F	6/20-6/24	10:30am-4:30pm	7-14	5	CM
382.1.533	M-F	6/27-7/1	10:30am-4:30pm	7-14	5	CM
382.1.534	M-F	*7/5-7/8	10:30am-4:30pm	7-14	4	CM
382.1.535	M-F	7/11-7/15	10:30am-4:30pm	7-14	5	CM
382.1.536	M-F	7/18-7/22	10:30am-4:30pm	7-14	5	CM
382.1.537	M-F	7/25-7/29	10:30am-4:30pm	7-14	5	CM
382.1.538	M-F	8/1-8/5	10:30am-4:30pm	7-14	5	CM
382.1.539	M-F	8/15-8/19	10:30am-4:30pm	7-14	5	CM
382.1.540	M-F	8/22-8/26	10:30am-4:30pm	7-14	5	CM

Camden Community Center continues on the next page

“SPORTS FOR ALL” THROUGH CITYWIDE ADAPTED SPORTS! See Page 32.



SKYHAWKS CAMPS

Basketball Before Care \$45

For your convenience, Camden and Skyhawks is offering supervision for early drop off. Camps will be held at Camden Community Center Gym (CM). * Camp offered for during the week of 7/5 will be discounted to \$36 for 4 days of camp.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.801	M-F	6/20-6/24	8:30-10:30am	7-14	5	CM
382.1.802	M-F	6/27-7/1	8:30-10:30am	7-14	5	CM
382.1.803	M-F	*7/5-7/8	8:30-10:30am	7-14	4	CM
382.1.804	M-F	7/11-7/15	8:30-10:30am	7-14	5	CM
382.1.805	M-F	7/18-7/22	8:30-10:30am	7-14	5	CM
382.1.806	M-F	7/25-7/29	8:30-10:30am	7-14	5	CM
382.1.807	M-F	8/1-8/5	8:30-10:30am	7-14	5	CM
382.1.808	M-F	8/15-8/19	8:30-10:30am	7-14	5	CM
382.1.809	M-F	8/22-8/26	8:30-10:30am	7-14	5	CM

Beginning Golf \$120

Beginning Golf programs will be offered separately for children aged 5 to 8, and 9 to 11. For Beginning Golf, Skyhawks will be combining the SNAG Coaching System and equipment, with our flair for safe and fun sports instruction.

What is SNAG? SNAG is the revolutionary new system for training beginning golfers using the most fun golf equipment around. SNAG has created an entirely new approach to learning golf, one that is fun, creative and educational. Registration fee includes a \$10 equipment fee. Camps will be held at Kirk Community Center(KR),Doerr Park (DP) and Butcher Park (BP).

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.541	M-F	6/27-7/1	9am-12pm	5-8	5	BP
382.1.542	M-F	6/27-7/1	9am-12pm	9-11	5	BP
382.1.543	M-F	7/18-7/22	9am-12pm	5-8	5	KR
382.1.544	M-F	7/18-7/22	9am-12pm	9-11	5	KR
382.1.545	M-F	8/15-8/19	9am-12pm	5-8	5	DP
382.1.546	M-F	8/15-8/19	9am-12pm	9-11	5	DP

Flag Football \$110

A great way for kids to be introduced to football, a sport rich in tradition. And because it is flag football, the introduction is both safe and fun. Players learn valuable football skills -- catching, passing and deflagging as well as the rules and the strategies of offense and defense. Participant-to-coach ratio is approximately 14:1. Camps will be held at Kirk Community Center (KR), Lone Hill Park (LHP), Doerr Park (DP) and Butcher Park (BP).

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.547	M-F	6/20-6/24	9am-12pm	7-14	5	HP
382.1.548	M-F	6/27-7/1	9am-12pm	7-14	5	KR
382.1.549	M-F	8/1-8/5	9am-12pm	7-14	5	LHP
382.1.550	M-F	8/8-8/12	9am-12pm	7-14	5	BP
382.1.551	M-F	8/15-8/19	9am-12pm	7-14	5	DP

Mighty-Hawk

\$110

Mighty-Hawk programs were developed in response to increasing demands for shorter sport specific programs for children aged five to eight. Unlike our full-day sport programs designed for 7 to 14 year-olds, the Mighty-Hawk programs were designed with a half-day format. Skyhawks offers half-day Mighty-Hawk programs in Soccer, Baseball, and Basketball, and our focus remains on teaching the fundamentals in a fun and creative atmosphere. The shortened program format will allow beginning athletes to experience sport-specific instruction in a non-competitive setting. Mighty-Hawk Participant-to-coach ratio is approximately 10:1. Camps will be held at Camden Community Center Gym (CM), Doerr Park (DP), Butcher Park (BP) and Houge Park (HP).

Mighty-Hawk Basketball

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.552	M-F	8/8-8/12	1-4pm	5-8	5	CM

Mighty-Hawk Baseball

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.553	M-F	6/20-6/24	9am-12pm	5-8	5	CM

Mighty-Hawk Soccer

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.554	M-F	6/27-7/1	9am-12pm	5-8	5	HP

Mini-Hawk: Multi-Sport

\$110

An introductory program for young children, Mini-Hawk helps children explore soccer, baseball and basketball in a day-program setting. No pressure, just lots of fun while these young athletes participate in all three sports through unique Skyhawks games. Our Mini-Hawk coaching staff is trained to meet the special needs of young children. Staff are committed to helping children start off on the right foot, as they take their first steps into athletics. Participant-to-coach ratio is approximately 8:1. Camps will be held at Kirk Community Center (KR), River Glen Park (RGP), Lone Hill Park (LHP), Doerr Park (DP) and Butcher Park (BP).

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.556	M-F	6/20-6/24	9am-12pm	4-7	5	KR
382.1.557	M-F	7/11-7/15	9am-12pm	4-7	5	BP
382.1.558	M-F	7/25-7/29	9am-12pm	4-7	5	DP
382.1.559	M-F	8/1-8/5	9am-12pm	4-7	5	BP
382.1.560	M-F	8/8-8/12	9am-12pm	4-7	5	CM
382.1.561	M-F	8/15-8/19	9am-12pm	4-7	5	BP
382.1.562	M-F	8/22-8/26	9am-12pm	4-7	5	LHP

Visit us on the web at
www.sanjoseca.gov/prns or
 email us at PRNSinfo@sanjoseca.gov

Multi-Sport - New**\$110/*\$131**

Skyhawks Multi-Sport program usually consists of a combination of Soccer, Baseball, Flag Football and Basketball. This fast-paced program is designed to teach the basic skills in a fun and enjoyable atmosphere. Participants are challenged daily in each of the sports by structured exercises and fun games. Participant-to-coach ratio is approximately 12:1. Multi-Sport will consist of three of the following: Soccer, Baseball, Basketball & Flag Football. See the sports offered for a list of what to bring to the Multi-Sport program. Camp will be held at Camden Community Center (CM) and Lone Hill Park (LHP).

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.564	M-F	7/11-7/15	9am-12pm	5-8	5	CM
382.1.565	M-F	7/18-7/22	9am-12pm	5-8	5	CM
382.1.566	M-F	7/25-7/29	9am-3pm	6-14	5	LHP
382.1.567	M-F	8/1-8/5	9am-12pm	5-8	5	CM

Soccer**\$131**

Young athletes learn the fundamental skills of soccer through fun games and exercises. Afterwards, participants will get a chance to test their new expertise in skills and strategy with interactive group activities, games and scrimmages. Participant-to-coach ratio is approximately 14:1. Camps will be held at Kirk Community Center (KR), Lone Hill Park (LHP), Doerr Park (DP), Hougie Park (HP) and Butcher Park (BP). * Camp offered for during the week of 7/5 will be discounted to \$\$\$ for 4 days of camp.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.569	M-F	6/20-6/24	9am-3pm	6-14	5	BP
382.1.570	M-F	*7/5-7/8	9am-3pm	6-14	4	KR
382.1.571	M-F	7/11-7/15	9am-3pm	6-14	5	LHP
382.1.572	M-F	7/25-7/29	9am-3pm	6-14	5	BP
382.1.573	M-F	8/1-8/5	9am-3pm	6-14	5	DP
382.1.574	M-F	8/15-8/19	9am-3pm	6-14	5	LHP
382.1.575	M-F	8/22-8/26	9am-3pm	6-14	5	DP

Tennis**\$110**

Our tennis program provides the beginning and intermediate player with the fundamental skills needed to participate in this lifelong sport. Participants learn proper techniques including grip, footwork, ground strokes, volleys, overheads and serves. We also cover the rules and etiquette of the game. Drills and Skyhawks games improve the abilities of players in a fun fashion. Participant-to-coach ratio is approximately 8:1. (We utilize one court for eight kids.). Camps will be held at Paul Moore Park (PM), Doerr Park (DP) and Hougie Park (HP).

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.576	M-F	6/27-7/1	9am-12pm	7-14	5	DP
382.1.577	M-F	7/11-7/15	9am-12pm	7-14	5	PM
382.1.578	M-F	7/18-7/22	9am-12pm	7-14	5	DP
382.1.579	M-F	7/25-7/29	9am-12pm	7-14	5	HP
382.1.580	M-F	8/1-8/5	9am-12pm	7-14	5	PM

Call Camden Center at 559-8553 for maps and directions to these locations.

Hawk Solutions Advanced Basketball Camps \$92

Hawk Solutions Advanced Basketball Camp is for athletes who desire to prepare themselves to play with excellence at the junior-high, high school and college levels. Basketball players at the Advanced Basketball Camp will refine their passing, dribbling, shooting, offensive and defensive skills as well as build strong physical endurance that will enable them to outperform their competition. Skills will be reinforced and refined through exercises involving high repetition. Game situations with limited space and time will reinforce the athlete's ability to perform with excellence under pressure.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.000	M-F	8/15-8/19	9-11am	7-10	5	CG
382.1.000	M-F	8/15-8/19	1-3pm	11-14	5	CG

Hawk Solutions Advanced Volleyball Camps \$92

Hawk Solutions Advanced Volleyball camps for GIRLS ONLY are perfect for club players or those who just want to work on their game at a higher level. Volleyball players will work on serving, hitting, spiking, and setting. Skills will be reinforced and refined through exercises involving high repetition. Kanani Hoapili, the San Jose State Men's Volleyball coach and current Hawk Solutions Professional Coach will be directing the camps. The camper to coach ratio will be approximately 10:1.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.590	M-F	6/20-6/24	9-11am	7-10	5	TBA
382.1.591	M-F	6/20-6/24	1-3pm	11-14	5	TBA
382.1.592	M-F	8/01-8/05	9-11am	7-10	5	TBA
382.1.593	M-F	8/01-8/05	1-3pm	11-14	5	TBA

Hawk Solutions Advanced Softball Camps \$92

Hawk Solutions Advanced Softball camps for GIRLS ONLY are perfect for athletes committed to improving their softball skills. Softball players at the Advanced Softball camps will refine their hitting, fielding and pitching skills through game situations and high repetition. Clair Alvies, a former collegiate softball player at UC San Diego and current Hawks Solutions Professional Coach will be directing the camps. The camper to coach ration will be approximately 10:1.

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.594	M-F	8/8-8/12	9-11am	7-10	5	PM
382.1.595	M-F	8/8-8/12	1-3pm	11-14	5	PM

ADULT CLASSES**Adult Jazz Dance/Hip Hop Class****\$74**

Are you ready to move and groove to some lively fun music! Come join this high energy and heart pumping class. Basic Jazz steps and routines will be taught. You will learn moves to the 70s, 80s, 90s, and today. Bring a friend for some serious fun! Comfortable clothes, socks, sneakers and aerobic shoes suggested.

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.700	T	6/28-8/16	10:30-11:15am	16+	8	CM

Camden Community Center continues on the next page

ADULT CLASSES

Adult Karate **\$57**

This is traditional Japanese style of Karate that combines Japanese style, culture, philosophy, history and language. This class provides an atmosphere that allows adults to learn the art of Karate. Class includes self defense while stressing the importance of self confidence and mental discipline.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.703	Th	6/30-8/18	6-6:50pm	16+	8	CM

Adult Tap Dance Class **\$74**

Have you always wanted to learn tap dance, but never got a chance as a child? Perhaps you want to reume classes after being away from it for so many years. This class is for you! Come Learn rhythmic and classic tapping techniques and steps. Tap dance to music of yesterday and today! Dance routines will be taught. Bring your friends lets stomp away! Tap shoes required.

Instructor: DanceKids

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.704	T	6/28-8/16	11:30am-12:15pm	16+	8	CM

Aerobic Kick Boxing **\$57**

Want a high energy, fun way to exercise? Then this class is for you. Aerobic kickboxing is great for toning muscles, strengthening your cardiovascular system, and losing weight. The ultimate overall workout. Get physically fit and learn several self defense techniques at the same time. If you like tae-bo, you'll love this class. You will need cloth fist pads which may be purchased from a sporting goods store or from the instructor.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.705	T	6/28-8/16	5-5:50pm	16+	8	CM
382.1.706	F	7/8-8/26	9:30-10:20am	16+	8	CM

Beginning Guitar **\$64**

Beginning guitar is fun! In this self-paced, no pressure class, you will learn the basic chords, how to strum, introduction to picking and many easy songs to play with family and friends. It's up to you how far you want to go. Come and join the fun. Students must provide their own guitar. No electric guitars please.

Instructor: Marchese

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.707	Th	6/30-8/18	6-7pm	16+	8	CM

Cardio Sculpt/Body Conditioning **\$57**

Co-ed aerobics for fitness with a combination of aerobics and muscle toning activities. Both men and women can benefit from the program that helps make men more "buffed" and women more shapely while becoming more fit. A good way to help reduce the effects of aging and make your heart healthy! Work at your own level from easy to advanced.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.708	T	6/28-8/16	7-7:50pm	16+	8	CM
382.1.709	F	7/8-8/26	10:30-11:30am	16+	8	CM

Jazzercise **\$38 One Month/\$96 Eight week Pass**

When you love your workout, results come easy! Each 60-minute class combines elements of jazz dance, resistance training, pilates, yoga, kick-boxing, and more to create truly effective programs for people of every age and fitness level. The easy-to-follow, fun choreography includes a warm up segment, 35-minute aerobic workout, muscle toning and strengthening segment with weights, and a cool-down stretch finale. Classes are ongoing. Ask about the \$38/month Easy Fitness Ticket. (You may attend any and all classes offered.) For more information call Catherine Moore at (408) 248-2480.

Pilates For Beginners **\$57**

Pilates is a type of body conditioning that used your own body's natural resistance to strengthen, tone and stretch your abdominal, back and leg muscles, improving your posture, building stronger and more flexible muscles and increasing your energy. Students need to bring a mat with them to class.

Instructor: Camp Carter International

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.709	Th	6/30-8/18	10-10:50am	8-12	6	CM

Senior Fitness Club **\$15 Monthly/\$100 Yearly**

An important part of maintaining health in the second half of life is participation in a fitness program. The Fitness Room at Camden has designated hours for "Seniors only" (ages 50+) with physician approval. Every Monday, instructor, Janet Lee, will be available to assist you in nutrition and proper use of equipment. Improvement in balance, bone density, cardiovascular endurance, flexibility, muscle strength, range of motion, and reduction of body fat can become a reality. Feel and see results as you improve the quality of your life. What are you waiting for! To join, simply purchase a monthly gym pass for \$15 or a yearly pass for \$100 and have your doctor fill out our physician approval form.

Senior Stretching **\$34**

As we get older, our joints get stiffer and muscles get tighter. One of the easiest and most effective ways to maintain flexibility and prevent injury is to stretch. Learn strengthening exercises for abdominal and back muscles. This safe and effective class can be enjoyed by seniors of all fitness levels. Instructor: Janet Lee, a registered physical therapist, will assist you in achieving this goal. Wear loose fitting, comfortable clothing and bring a large bath towel. Class minimum of 8 will be needed for class to operate.

Instructor: Lee

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.701	T/Th	7/5-7/29	8-9am	50+	8	CM
382.1.702	T/Th	8/2-8/26	8-9am	50+	8	CM

Yoga **\$57**

Learn deep relaxation techniques that can remove the stress from your day in this beginning level yoga class. The basic moves of yoga can enhance you physically, mentally and emotionally to make each day more beautiful. Come learn these great techniques in a relaxing atmosphere.

Instructor: Camp Carter

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.710	T	6/28-8/16	6-6:50pm	15+	8	CM

SPECIALTY CLASSES

Beginning Guitar \$64

Beginning guitar is fun! In this self-paced, no pressure class, you will learn the basic chords, how to strum, introduction to picking and many easy songs to play with family and friends. It's up to you how far you want to go. Come and join the fun. Students must provide their own guitar. No electric guitars please.

Instructor: Marchese

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.610	Th	6/30-8/18	5-6pm	7-15	8	CM

Beginning Photography \$60

Students in this program will learn to see as photographers and each child will receive his/her own camera to keep at the completion of class. The children are taught to discriminate about when to "click" and when to wait. The lessons include photographic basics, understanding art in general, composition, subject matter and lighting. The youngsters will create a portfolio of the works they make during the sessions. There is an additional cost of \$30 for supplies (non refundable).

Instructor: Tapestry Arts

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.601	M	7/11-8/15	4:30-5:30pm	8-12	6	CM
382.1.602	M	7/11-8/15	5:45-6:45pm	13-16	6	CM

Ice Skating Lessons \$114

Does your child want to be the next Mike Ricci or Kristi Yamaguchi? Southside and Logitech Ice Center is offering an 8 week introductory series that will cover the proper way to fall down, get up, two footed glide, one foot glide, forward swizzles, forward stroking, backward swizzles, stopping, and an introductory spin. The series includes a 30 minute class once a week and the public session the day of the class. Skate rental is included in the class price. **Location:** 1500 S. 10th St.

Instructor: Ice Centre

Course #	Day	Date	Time	Age	Mtg.	Loc.
382.1.603	TBA	TBA	TBA	TBA	8	SJIC
382.1.604	TBA	TBA	TBA	TBA	8	SJIC

AQUATICS PROGRAMS

For information on Aquatics programs at Camden see page 38.

CAMPS

Camp Dance – Day Camp \$95

Covers ballet, Tap, Jazz, Gymnastics, Voice, Hawaiiin and Hip Hop. Participants will be placed in age and ability appropriate classes. A snack and juice will also be provided.

Instructor: Dance Arts Academy

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.911	M-F	TBD	9am-12pm	3-12	5	DAA
382.1.912	M-F	TBD	9am-12pm	3-12	5	DAA

Flight Academy \$193

It's a bird! It's a plane! No It's....everything from the earliest flying machine to the first rocket flights. This hands-on program will let you learn all about aerodynamics and the world above us. Explore the basic principles of flight, build airplanes, test them in wind tunnels, ride a hover craft and construct balloon copters. Discover the mysteries of the galaxy, learn about celestial navigation and take home your own rocket to launch.

Instructor: Mad Science

Course#	Day	Date	Time	Age	Mtg.	Loc.
282.1.607	M-F	8/8-8/12	9am-12pm	5-7	5	CM
282.1.608	M-F	8/8-8/12	1-4pm	7-12	5	CM

Hot Feet Day Camp \$200

Paul Moore Park, corner of Cherry and Hillsdale

Hot Feet Day Camp is a two week program full of fun activities for boys and girls ages 6-12 years old. The program includes arts & crafts, sports, games, special events, trips, barbecues and much more! Participants must meet the age requirements by first day of camp. Registration is limited to space available. Each camper should bring a bag lunch daily.

Note: Times may vary on Trip Days.

Trips are listed as follows:

Session 1 (901) **Session 2 (902)**
Blackberry Farm, Great America Blackberry Farm, Raging Waters

Session 3 (903) **Session 4 (904)**
Blackberry Farm, Boardwalk Blackberry Farm, Marine World

No Camp 7/4

Instructor: Staff

Course #	Day	Date	Time	Age	Loc.
253.1.901	M-F	6/27-7/8	10am-4pm	6-12	PM
253.1.902	M-F	7/11-7/22	10am-4pm	6-12	PM
253.1.903	M-F	7/25-8/5	10am-4pm	6-12	PM
253.1.904	M-F	8/8-8/19	10am-4pm	6-12	PM

SPACE STILL AVAILABLE FOR JUNE 17-AUGUST 14

Call Now 408-277-4666

www.sanjose.gov/prns/familycamp.htm

See page 155 for more information.



**SAN JOSE
FAMILY CAMP**



CAMPS

Secret Agent Lab

\$193

Take a walk on the wild side in this crazy week of sleuth science. Send messages to your friends using secret codes. Mix it up as we experiment with molecular madness, radical reactions and "fizz" ical and chemical reactions. Discover what those crazy chemists are really up to in their laboratories. Then use everything you've learned to solve the Mad Science mystery; even Sherlock couldn't figure this one out!

Instructor: Mad Science

Course#	Day	Date	Time	Age	Mtg.	Loc.
382.1.605	M-F	6/27-7/1	9am-12pm	5-7	5	CM
382.1.606	M-F	6/27-7/1	1-4pm	7-12	5	CM

SJAS Summer Drop-in Recreation

Free

Summer Drop-in Recreation activities includes arts and crafts, special events, tournaments, and much more. The program is FREE, but there may be a nominal charge for special events. The program is a "drop-in program and not a licensed child care. Leaders are only responsible for children signed into the program.

Grades	Days	Dates	Time	Loc.
1st-5th	M-F	6/27-8/5	9am-3pm	TBD

Summer Basketball Camp

\$60

John Muir Middle School-1260 Branham Lane

Camps will be given by teacher/coach Lou Ayala, former coach of the boys and girls varsity basketball teams at Pioneer High school. This will be coach A's 14th Annual Session of sports camps for kirk. The fundamentals of basketball will be taught, as well as more advanced skills. The basics such as dribbling, passing shooting, footwork, screening and strategies will also be developed. Learn and have fun in basketball camp! Drinks and awards (cards) are provided.

Instructor: Coach Ayala

Course #	Day	Date	Time	Grade	Loc.
253.1.905	M-F	6/20-6/24	10am-12:30pm	C.3rd-5th	JM
253.1.906	M-F	6/20-6/24	1:30-4:30pm	C.6th-8th	JM
253.1.907	M-F	6/27-7/1	2:30-5:30pm	G.6th-8th	JM
253.1.908	M-F	7/18-7/22	2:30-5pm	C.3rd-5th	JM
253.1.909	M-F	7/25-7/29	2:30-5:30pm	B.6th-8th	JM
253.1.910	M-F	8/1-8/5	2:30-5:30pm	C.6th-8th	JM
253.1.911	M-F	8/8-8/12	1-3:30pm	C.3rd-5th	JM

Do you have a talent, hobby, or special skill to share with others?

Turn that skill into cash by becoming a class instructor. For more information on how to apply visit our website at:
jobs.cityofsj.org

CAMDEN YOUTH CENTER

The newly renovated Camden Youth Center will open soon! The center will highlight activities that interest youth ages 14-18. Please look for additional information at the Camden Community Center.

The Youth Center is a fun and safe place to hang out. Join us Monday through Friday for games, activities, computers, sports, and dances. Membership is free! For more information, call 408-559-8553.

Attention all TEENS! Come join in on the fun and hang out at a safe cozy place. The Youth Center has many activities including dances, trips, computer access, sports leagues, open gym, drop-in activities, crafts, employment opportunities, and much, much more. If you are into Video Games, Ping Pong, Sports, or Field Trips then come by and be all you can be. Membership is free!

Get fit while hangin' out with your friends at the Camden Community Center's Fitness Room Tuesdays and Thursdays, 3:00p.m. to 5:00p.m. If interested call (408) 559-8553.

Clubs & Teams

Traveling Sports Squad, Ruckus Hip Hop Club, Ping Pong Wizards
Youth Leadership

Events & Activities

Junior High Social Dance
"Best of the Best" Break Dance Competition
Parenting Workshops
Community Service
Trips/Outings
Band Night

Hours

Monday through Friday, 3-7pm

Friday Late Night Open Gym

9-11pm

Camden Community Center (3369 Union Ave.)

Like to Skate?



The Roosevelt Roller Hockey Rink is sponsored by the City of San José-Parks, Recreation and Neighborhood Services Department.

Seasonal roller hockey programs are available for boys and girls ages 6-17, and adult leagues for ages 18+

For more information please call the rink at:
408-286-0195

Roosevelt Roller Hockey Rink
199 N. 21st Street, San José, CA 95116